

## Sheffield Resources Ltd.

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### NEWS RELEASE

#### SHEFFIELD PROVIDES CORPORATE UPDATE

**Vancouver – April 5, 2007** - Sheffield Resources Ltd. (“Sheffield”) (TSX-V: SLD), (PINK SHEETS: “SLDOF”) and (FRANKFURT: “S2Q”) is pleased to provide the following corporate update.

Sheffield has completed 3,393.9 metres (11,135 ft.) of “HQ” gauge core drilling on the Moonlight Deposit which is summarized in the following table.

#### MOONLIGHT DEPOSIT CORE DRILLING SUMMARY

DRILL HOLE	DEPTH	FROM metres	TO metres	LENGTH metres (ft)	Cu %	Ag g/t
05MN-1	351m	9m	194m	185m (607 ft.)	0.54	7
	Including	39.1m	53.2m	14.1m (46 ft.)	1.19	32
		93.2m	130m	36.8m (121 ft.)	0.96	9
	And	270m	338m	68m (223 ft.)	0.44	5
	Including	276m	318m	42m (138 ft.)	0.56	6
05MN-2	210m	11m	179m	178m (584 ft.)	0.37	4
06MN-3	387m	24m	302m	278m (912 ft.)	0.40	4
	Including	24m	70m	46m (151 ft.)	0.57	11.2
		70m	114m	44m (144 ft.)	0.19	1.8
		114m	152m	38m (125 ft.)	0.49	4.6
		152m	172m	20m (66 ft.)	0.206	1.5
		172m	258m	86m (282 ft.)	0.46	2.8
		258m	302m	44m (144 ft.)	0.30	2.0
		302m	387m	85m (279 ft.)	0.14	1.0
06MN-4	368.6m	32m	100m	68m (223.1 ft.)	0.32	3.9
		154m	190m	36m (118.1 ft.)	0.37	3.9
		200m	230m	30m (98.4 ft.)	0.24	2.9
		328m	358m	30m (98.4 ft.)	0.19	2.2
06MN-5	389m	26m	94m	68m (223 ft.)	0.44	8.1
		136m	254m	118m (387 ft.)	0.45	4.8
		284m	340m	56m (184 ft.)	0.34	3.3
		364m	389m	25m (82 ft.)	0.32	3.9
06MN-6	266.8m	30m	144m	114m (374 ft.)	0.42	4.4
		144m	182m	38m (125 ft.)	0.11	0.9
		182m	266.8	84.8m (278 ft.)	0.36	2.6
06MN-7	Very Short Abandoned Hole				No	Assays

06MN-8	335.4m	28m	80m	52m (170.1 ft.)	0.48	3.1
		220m	306m	86m(282.2 ft.)	0.35	3.8
06MN-9	103.4m	0.5m	98m	97.5m (320 ft.)	1.08	7.1
		Including all	intervals	reported below		
		0.5m	26m	25.5m (84 ft.)	0.36	3.9
		26m	38m	12m (30 ft.)	4.01	32.8
		50m	66m	16m (53 ft.)	2.00	1.3
06MN-10	147.9m	0m	40m	40m (131.2 ft.)	0.531	7.0
		40m	82m	42m (137.8 ft.)	0.11	1.5
		82m	106m	24m (78.7 ft.)	0.42	4.3
		106m	147.9m	41.9m (137.5 ft.)	0.12	1.69
06MN-11	112.8m	0m	68m	68m (233.1 ft.)	0.28	2.49
	Including	0m	28m	28m (91.9 ft.)	0.39	3.2
06MN-12	124.1m	0m	78m	78m (255.9 ft.)	0.50	9.6
06MN-13	359.5m	6m	36m	30m (98.4 ft.)	0.25	3.9
06MN-14	228.7m	2m	20m	18m (59.1 ft.)	0.36	2.5
		74m	112m	38m (124.7 Ft.)	0.50	7.3
	Including			2m (6.6 ft.)	2.36	25.1

The 12 initial Sheffield “HQ” gauge core holes and 194 historical “BX” core holes drilled by Placer Development Limited (now Barrick Gold Corporation) in the 1960’s were used by Giroux Consultants Ltd. (“Giroux”) to estimate resources for the Moonlight deposit that are compliant with CIM protocols (NI 43-101 compliant)(see press release dated March 27, 2007).

Giroux compared grade distributions using Placer’s drill data with distributions of grade from Sheffield’s drill data. While gold and silver assays compare reasonably well between the two programs, copper grades from Sheffield’s holes are significantly (44%) higher on average than copper grades from Placer’s drill results. This confirms Sheffield management’s belief that as drilling continues and Sheffield drill data gradually replace the older Placer data, the estimated average copper grade of the deposit will increase due to better sampling and better geological modeling.

#### Moonlight Indicated Resource Grade-Tonnage Table

Cutoff (Cu %)	Tons > Cutoff (tons)	Grade > Cutoff		
		Cu (%)	Au (oz/t)	Ag (oz/t)
<b>0.20</b>	<b>161,570,000</b>	<b>0.324</b>	<b>0.003</b>	<b>0.099</b>
<b>0.25</b>	<b>114,570,000</b>	<b>0.366</b>	<b>0.003</b>	<b>0.112</b>
<b>0.30</b>	<b>76,150,000</b>	<b>0.413</b>	<b>0.003</b>	<b>0.124</b>

#### Moonlight Inferred Resource Grade-Tonnage Table

Cutoff (Cu %)	Tons > Cutoff (tons)	Grade > Cutoff		
		Cu (%)	Au (oz/t)	Ag (oz/t)
<b>0.20</b>	<b>88,350,000</b>	<b>0.282</b>	<b>0.003</b>	<b>0.089</b>
<b>0.25</b>	<b>48,820,000</b>	<b>0.329</b>	<b>0.003</b>	<b>0.107</b>
<b>0.30</b>	<b>23,720,000</b>	<b>0.390</b>	<b>0.003</b>	<b>0.118</b>

An independent engineering firm will be retained to perform a preliminary evaluation of the Moonlight Deposit with a view towards identifying a starter pit that will serve as the focus of the next detailed diamond drilling program defining the Moonlight sulfide resource.

Sheffield reported on April 24, 2006 that it had optioned the California Engels Mining Company's properties adjacent to Sheffield's Moonlight property. These properties are reported to have historical resources of 43 million tons averaging 0.55% copper at the Superior mine and the 21 million tons of historical resource averaging 0.63% copper at the Engels mine. These historical resources were not considered by Giroux and as a consequence remain non-compliant with NI43-101 protocols. A qualified person has not done sufficient work to classify the historical estimate as current mineral resources. The issuer is not treating the historical estimates as current mineral resources and therefore they should not be relied upon.

Environmental baseline data collected in 2006 demonstrated that because of the very low sulfur content, the mineralization in the Moonlight District is environmentally benign with virtually no acid generating potential and very low tendency to release metals into the environment. In addition, the 2006 program expanded Sheffield's land holdings at low cost as well as generating a number of additional exploration targets in the Moonlight District. These additional targets are particularly attractive because they have the potential to shorten time frames to first production at capital costs that are likely a small fraction of those that will be required for a major porphyry copper mine at the Moonlight Deposit. There is potential to rapidly advance these targets at relatively low cost to feasibility and production stage when compared to the a larger porphyry copper mine envisioned for the Moonlight Deposit.

### **MOONLIGHT OXIDE TARGET**

Placer had estimated the potential for 12.2 million tons of oxide material at an average grade of .54% Cu overlain by 10.8 million tons of waste at zero grade at the Moonlight Deposit. This estimate was based on results from 47 core holes using a cutoff of 0.25% Cu. Preliminary metallurgical testing indicates that 65-90% of the copper can be recovered by leaching with reasonable acid consumption. Much of the 10.8 million tons was characterized as waste due to the lack of core recovery for the top 3m to 9.1m (10-30 feet) of the drill holes during Placer's drilling. Sheffield recovered greater than 0.25% mineralization virtually from grass roots when drilling adjacent to holes where Placer reported 6m (20 feet) of overburden. This suggests that the target size for an oxide resource at the Moonlight Deposit may be on the order of 20 million tons at a very low stripping ratio. Potential for additional tonnages of oxide mineralization exists at other sites on the Moonlight Projects lands as described below.

Because of the shallow depth and well defined location of the oxide mineralization, it is projected that an NI 43-101 compliant measured and indicted resource might be defined on the Moonlight Deposit by 2,400m (approximately 8000 feet) of drilling. Additional drilling will be conducted to define the exotic copper oxide resource. Additional confirming metallurgical test work will be required prior to completion of a feasibility study in 2008 on this plus 200 million pound copper oxide exploration target.

### **MOONLIGHT WEST OXIDE TARGET**

Two (2) historical core holes revealed 18.3m (60 feet) of 0.467% Cu and 6.1m (20 feet) of 0.566% as exotic copper oxide mineralization at the surface in sandstones about 600m (approximately 2000 feet) west of the Moonlight Deposit. These holes were never offset and present excellent additional potential to significantly expand the oxide mineralization.

### **ENGEL OXIDE TARGETS**

Placer encountered 2.86% Cu oxide mineralization from 18.6m to 37.5m (61-123 feet) with no core recovery to 18.6m (61 feet) on the Main Zone in diamond drill hole E-2 at the Engels Mine. Sheffield took ten samples of limited surface exposures on the Main Zone. The ten samples averaged 1.66% Cu, 16 g/t Ag and 0.12 g/t Au across 2.4m-6.1m (8-20 feet). The copper acid solubility of these ten samples averaged 76%.

Placer encountered 0.44% Cu from 7.6m to 36.6m (25-120 feet), 0.59% Cu from 45.7m to 54.9m (150-180 feet) and 0.69% Cu from 64.0m to 73.2m (210-240 feet) with no core recovery to 7.6m (25 feet) in diamond drill hole E-8 in a new zone ("Northwest Zone") apparently unrecognized by the historical mining operation at the Engels Mine. This zone which is located about 150m (500 feet) northwest of the Main Zone was also intersected in hole E-7 where it averaged 0.78% Cu over 30.5m (100 feet).

The Main Zone represents an oxide target approximately 22.9m (75 feet) wide, 213m (700 feet) long and 45.7m (150 feet) deep that may have an average grade of approximately 1.25% Cu. The Northwest Zone represents an oxide target approximately 305m (1000 feet) long by 30m (100 feet) wide by 30m (100 feet) deep that may have an average grade of approximately 0.6% Cu. Sheffield has designed a trenching, mapping, sampling and initial 1220m (4000 foot) core drilling program to explore the projected greater than 25 million pound oxide copper potential at the Engels Mine.

### **TAILINGS COPPER OXIDE TARGETS**

Sheffield took nine (9) widely spaced channel samples of the approximately 300,000 tons of tailings at the Upper Tailings pile at the Engels. The copper assays of the nine (9) samples varied only slightly and averaged 0.48% Cu with 82% acid solubility. Sheffield took 15 channel samples of the approximately 2 million tons of tailings at the "Mid Sand Dam". These samples averaged 0.18% Cu with 71% acid solubility. These tailings add easily exploited potential to the other copper oxide targets at Engels Mine.

### **SUPERIOR MINE UNDERGROUND COPPER MINING POTENTIAL**

There are more than 2,150m (approximately 7000 feet) of drifts, crosscuts, raises and stopes in good condition on three main levels at the Superior Mine. Placer routinely sampled the main drifts and cross cuts and recognized the potential for bulk tonnage "porphyry" type mineralization. In addition Placer's sampling revealed a high grade area that showed 61m (200 feet) of 1.8% Cu in crosscut #1, 43m (140 feet) of 1.4% Cu in crosscut #2 and 48.8m (160 feet) of 1.6% Cu in crosscut #3 on the #1 Level. Sheffield resampled some of the areas sampled by Placer confirming the grades reported by Placer, including 110 feet of 2.6% Cu and 42 g/t Ag in crosscut #1. Placer did not sample in the stopes. Sheffield's limited sampling in stopes indicates that some of the highest grades are contained in 6.1m to 12.2m (20-40 foot) wide flat structures that would be unlikely to be revealed in the drifts and crosscuts. Sheffield's sample results include a sample that ran 4.1% Cu and 23 g/t Ag across 1.6 meters above the #1 Level and a 2 meter sample that ran 9.6% Cu and 169 g/t Ag below the #1 Level. Within 45 days, Sheffield will complete the sampling in the high grade zone at the #1 Level and take about 100 samples in the stopes to determine if potential for a 5 million ton target at a grade of 2% Cu can be established. If warranted, detailed sampling, surveying and core drilling will follow.

### **IRON OXIDE COPPER-SILVER-GOLD TARGET**

The mineralization in the Moonlight District possesses many of the characteristics of iron oxide copper deposits. Sheffield has recognized that the abundant specular hematite in the metavolcanic roof pendant rocks to the south of the Moonlight Deposit may represent an alteration halo above a high grade copper deposit. This potential is further indicated by the presence of narrow "leakage" veins which commonly show grades of >3% Cu, 100 g/t Ag and 0.3 g/t Au in the metavolcanics at the surface. Placer intercepted 20 feet of 3.4% Cu, 76.8 g/t Ag and 0.5 g/t Au at a depth of 480-500 feet in ML-503 in meta-volcanics in this Moonlight South area. Other than ML-503 and two other holes, there are no drill tests in this 3 square kilometer target area. None of these holes penetrated to the favorable contact with the underlying quartz monzonite. While high-grade copper mineralization has yet to be intersected, this target concept is analogous to the high grade that was discovered at depth adjacent to the known near surface mineralization at Oyu Tolgoi in Mongolia and Pebble, in Alaska. Further target definition field work will be completed and several core holes are planned for this target in 2007.

### **GOLDEN LOON NICKEL COBALT PROPERTY**

Sheffield recently entered into an option agreement ("Option") to acquire a 100% interest in the 3,709 hectare (14.32 square mile) Golden Loon nickel/cobalt property from Tilava Mining Corporation. The Golden Loon property is located approximately 4 miles (7 kilometres) west of Little Fort, British Columbia (approximately 50 miles {80 kilometres} north of Kamloops) and is accessible by government maintained secondary roads leading from Highway #5. The property is ideally located close to infrastructure, with rail and power within 4 miles (7 kilometres) of the property.

## **Quality Control and Assurance**

A rigorous Quality Control and Assurance program (QC/QA) is in place, including systematic inclusion of standard sample materials, blank samples, duplicate samples and inter-laboratory check assaying. Samples are sent in sealed containers to ALS Chemex in Reno, Nevada. ALS Chemex is a recognized ISO 9000 registered laboratory. The control samples and duplicate assay results received for the drilling program demonstrated to Sheffield Resources that the results are considered reliable. Copper is determined by atomic absorption spectrometry after a four acid digestion of a 0.4-gram aliquot. A second copper determination plus analyses of silver and other metals are made by ICP-AES after a three acid digestion of a 0.4-gram aliquot.

The Moonlight Project exploration program is managed by Robert Wetzel, a California registered professional geologist and qualified person who provided the descriptions of the Moonlight Project's new exploration targets.

## **About Sheffield Resources Ltd.**

Sheffield Resources Ltd. is an exploration and development company focused on the acquisition and systematic exploration of large tonnage base metal projects with the goal of advancing them to development. It also holds an advanced stage large tonnage copper property in California for which an NI 43-101 resource estimate is expected to be issued in the near future.

Mr. David Jenkins, P.Geo., is the "Qualified Person" that has reviewed and approved this press release.

For further information, please contact:

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